

# AVPWA NEWSLETTER OCTOBER 2023



## October Workshops

Oct 10 – 12: Bunbury Regional Prison PRU T4F  
Oct 14, 21: Community Advanced Mount Lawley (cancelled)

Oct 14 - 16: Acacia Prison (Protection) Basic

## November Workshops

Nov 4 – 6: Acacia Prison (Mainstream) Basic

Nov 6 – 8: Wooroloo Prison Farm Basic

Nov 18, 25: Community Basic (Mount Lawley)

Nov 14 – 16: Bunbury Regional Prison PRU Basic

Nov 21 – 23: Bunbury Regional Prison Basic

Nov 25 – 27: Acacia Prison (Mainstream) Basic

Nov 28 – 30: Karnet Prison Farm Basic

## December Workshops

Dec 3, 10: Community Basic (Darlington)

Dec 11 – 13: Wooroloo Prison Farm Advanced

## Christmas gatherings

Nov 15: Wooroloo Prison Farm (TBC)

Dec 2: Acacia Prison (TBC)

Dec 16: Community Gathering - QMH

For more information on these workshops, please contact Collette, our administrator (Details end of newsletter).

## Australian National Gathering

The national gathering (October 2 – 6) was stimulating and fun. It was a hybrid event with most of the sessions being available to Zoom participants as well as those of us there in person. There were usually about 15 of us in the room with a few more on the screen. The sophisticated “Meeting Owl” technology in the Quaker Meeting House was a great boon!

It was wonderful to be able to meet in person again after the COVID epidemic prevented this for the last few years.

Highlights were meeting new people, conversations over meals, learning how different groups do things and our visit to Acacia Prison, where we met with the mainstream facilitators in the morning and the protection men in the afternoon. It was inspiring to hear from them, the benefits our programme brings to inmates, and many of the interstate visitors mentioned this as a highlight of the Gathering.



We had post gathering evaluations from 15 people who had participated. All appreciated the gathering, and they offered a few ideas to consider for another time. These included perhaps a residential venue, a smoother way of catering (ours was a bit last minute sometimes!) and more expert facilitation of the live and virtual participants.

It was a shame more WA facilitators were not able to attend and in hindsight, it may have been beneficial to have had weekend days included to allow working people to attend.



The Gathering was concluded with a Tug of Peace and in response to immense pressure from interstate visitors, a bagpipe flourish by our favourite Scotsman! 😊

In summary it was a very worthwhile undertaking.

Many thanks to the organisers and all those who attended.

## Christmas Gatherings

Each year, we hold end of year gatherings at the QMH and Acacia Prison. These gatherings are a great way to meet other facilitators, reflect on the year just past, and share insights and aspirations for the coming year.

This year, we have decided to also have a gathering at Wooroloo Prison Farm. The inmate facilitators are keen, but we are still awaiting approval from the powers that be.

The proposed dates for the three gatherings are at the top of this newsletter, and we would be delighted to see you all at any or all of the gatherings. Of course, you will need DoJ clearance for the prison visits, so please check with Collette (details below) to make sure your clearance is current.

More information will follow as soon as we get confirmation.

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### Information for yrs 10, 11 and 12 about Peaceful Pathways to Conflict Resolution workshops

Sally Herzfeld

The Peaceful Pathways to Conflict Resolution is a world wide programme run by the Alternatives to Violence Project (AVP).

In WA, the 3 levels of the programme can be done in yrs 10, 11 or 12 as an endorsed subject which earns 1 point for the WACE. Each level takes two days.

The Basic workshop covers the themes of Affirmation, Communication, Community Building, Co-operation, Trust and Conflict Resolution.

There are no videos or lectures. It is mostly experiential. We learn by doing exercises to work out how conflicts could be solved while keeping self respect (ie. we don't just give in), sharing information and games which can illustrate a point, and role plays.

In the Advanced workshop, we learn about consensus decision making and the participants choose what theme they would like us to cover... Anger, Fear, Stereotyping, Forgiveness, Self-control, Addiction, Power/Powerlessness, etc.

In the third level, The Training for Facilitators (T4F), participants practise presenting sessions.

Students doing the three levels for the endorsed subject also keep a journal about the workshops, and about conflicts they have seen and how they could have been prevented.

Having achieved the three levels, they could then help facilitate workshops in the community, country areas or overseas. All facilitators are volunteers. When they are 18 they could do workshops with us in local prisons. Some businesses also have their staff members do the programme as Professional Development.

We are doing a Basic workshop near Darlington on Sundays 3rd and 10th of December and will be handing out further information at the Darlington Arts Festival. If you are interested, please contact me. [alisonherzfeld@gmail.com](mailto:alisonherzfeld@gmail.com)

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### Letter to teenage self from a Wooroloo Prison Farm workshop participant

To C, It's a wonderful world out there mate full of lots of opportunities, but also full of lots of pain and suffering. I really do hope that you can look at my life and learn from the mistakes I have made. As you know Dave is my best mate. He's always been there for me and I hope you can learn from the choices he has made and the loving family and bright future he has in front of himself. Please try and gain as much emotional intelligence of life as you can and set up a good solid network of positive, honest, trustworthy people in your life. It goes without saying how bad drugs and alcohol can be in your life. Look where it got me and did to my life. But I'm not going to tell you what to do. Just remember that the choices you make in life have consequences. Good and bad. Please learn from your choices. It took me way too long to learn from mine. Love you mate and good luck.

## Hidden Gold

(Given to Annette in Newcastle by her dad, George. A poem he had found and loved, then hand wrote and shared with her. It speaks to Annette about the AVP practice of seeing the good in everyone).

We're prone to look out for the evil,  
And fail to distinguish the good.  
Our failures are seen, not our virtues,  
And thus, we are misunderstood.  
Our brothers and sisters who struggle  
With circumstance, weakness, and fate,  
Why should we not lift through compassion,  
Not trample with censure and hate,  
For none are so low but a kindness  
May help them their love to retrieve;  
And all in their instincts are better  
Than others are prone to believe;  
There's gold where it least is suspected,  
Deep down in the fastness of stone,  
In each is a storehouse of treasure,  
That will yield to the 'love-touch' alone.



### Editor's note

A newsletter is published monthly.  
If you have any news, photos, inmate contributions  
or new things you've tried in workshops, please  
send them to our newsletter editor Selene  
Moonbeams.  
[selenemoonbeams@gmail.com](mailto:selenemoonbeams@gmail.com)



### Need more information?

For details of upcoming workshops or  
training, to volunteer to help facilitate a  
workshop, or just to find out more about  
AVP, please contact our administrator  
Collette Chesters  
[avp.wa1@gmail.com](mailto:avp.wa1@gmail.com)